

# **PHYSICAL AGILITY TEST**

## **GAITHERSBURG POLICE DEPARTMENT**



**1 MINUTE SIT-UP**

**AT LEAST  
25 SIT-UPS**

**1 MINUTE PUSH-UP**

**AT LEAST  
20 PUSH-UPS**

**1.5 MILE RUN**

**16 MINUTES  
OR LESS**

**300 METER SPRINT**

**70 SECONDS  
OR LESS**

**For more information about the application process or position, please contact:  
Gaithersburg Police Recruiters at**

**301.258.6400 or by email at [GPDRecruitment@gaitHERSBURGMD.gov](mailto:GPDRecruitment@gaitHERSBURGMD.gov)**

**SERVICE - INTEGRITY - RESPECT**